

RECIPE MODIFICATION TIPS

Try these tips when you prepare your favorite recipes. By using the suggested substitutes, you will reduce fat, cholesterol, sugar, and calories in all your recipes!

1. Choose lean cuts of meat and trim off all visible fat. Remove skin from poultry.
2. Bake, broil, boil, grill, roast, or stir-fry meats. When pan-frying, use a non-stick pan or non-stick spray. For added moistness, use water or low salt broth.
3. Cook vegetables in a small amount of seasoned water or low salt broth.
4. For soups, stews, sauces and broth: Refrigerate and skim fat from top.
5. Whenever possible, choose low fat or nonfat versions of your favorite dressings, cheeses, dips, and sauces.
6. When buttering breads, muffins, and vegetables, dip a pastry brush in oil or melted margarine and lightly coat food so you will use less.

FOR:

SUBSTITUTE:

1 Egg	1/4 cup Egg Substitute or 2 Egg Whites
Heavy Cream	Evaporated Skim or Low Fat Milk
Whipped Cream	Low calorie Whipped Topping
Whole Milk	Skim or 1% Milk
Cream Cheese	Neufchatel (or "Lite") Cream Cheese, Fat Free Cream Cheese

FOR:

SUBSTITUTE:

Creamed Cottage Cheese (4% Fat)	Low Fat or Nonfat Cottage Cheese
Cheese	Low Fat, Fat Free, or Skim Milk Cheese
Sour Cream	Low Fat Yogurt, Lite or Fat Free Sour Cream
Nondairy Creamer	Skim Milk Powder
Butter	Margarine made with liquid Vegetable Oil, Diet Margarine
Salad Dressing	Lite or Fat Free Dressing, Yogurt mixed with Mustard, Lemon, Herbs and Spices
Mayonnaise	Fat Free or Lite Mayonnaise, Nonfat Yogurt
1 cup Shortening	2/3 cup Vegetable Oil
1 cup Oil	1 cup Applesauce (good in baked products)
1oz Unsweetened Baking Chocolate	3 tbsp cocoa powder
Sugar	Reduce amount of sugar in a recipe by 1/4 or 1/2 or use a sugar substitute (follow package directions)
Jello	Unflavored Gelatin, sugar-free Jello